OTTAWA C NEWS WORTH SHARING.



Big city baby blues may be worse

Women in Canada's largest cities suffer from more postpartum depression than those in rural areas, study says

Could your toilet's security be at risk?

Smart toilets are ripe for mischief, with some hotels even having their loo water stolen, warns consultant

PAGE 7





HE SWIMS, HE SCORES?

Members of Team Canada play the U.S. at the America's Cup underwater hockey tournament in February. Underwater hockey is real and one local man is headed to Hungary later this month to see if Canada can do as well beneath the waves as it can on the ice. For more on the sport and whether it can whet fans' appetites, see page 4. CONTRIBUTED

Dad fined for girls' car surfing

Possible charges.

Daughters six and seven lucky they weren't injured, cops say



SEAN MCKIBBON

After two young girls were seen car surfing, police in Quebec have fined a 29-year-old La Pêche man and submitted his case to the director of criminal prosecutions to see if charges should be laid.

Two girls ages six and seven were seen July 17 and 18 riding on the hood of a car on Du Lac Vert Road in La Pêche, MRC des Collines police said.

"Witnesses saw it on the first day and then they saw it happen again on the second day and they said 'We need to do something about this and not let this go unpunished," said MRC police spokesman

Martin Fournel.

Witnesses called police and the force says that as a result of an investigation, charges of criminal negligence and child abandonment could be filed.

Fournel said no one was injured in the incident.

"That's the good part of this story," he said. Even though the incident happened in cottage country on a side road he said such horseplay is still dangerous.

"You could fall off the car, your head hits a rock... it's just common sense."

The man fined is the father of the six-year-old girl, while the other young girl is his spouse's daughter, Fournel earld

"His girlfriend was in the car at the time. She's just lucky she wasn't (fined) too," Fournel said.

Police said the man was fined \$1,264.00 for allowing a person to be on an outer part of his vehicle.



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The Power to Surprise

Students on Twitter protest bus pass age cap

Mayor tweets back.

How do we cover \$2.9 million in lost revenues, Watson asks



JOE LOFARO joe.lofaro@metronews.co

Students who have pressed the city for months to remove a student bus pass age cap unleashed another campaign Tuesday, with Mayor Jim Watson and transit commission chair Diane Deans in their crosshairs.

Nicole Desnoyers, vicepresident of equity at the Student Federation of the University of Ottawa (SFUO), posted images to Twitter of students holding up handwritten notes expressing their frustration with having to pay for an adult bus pass if they are older than 19.

Some of them read, "I support affordable transit for students regardless of their age."

Desnoyers and supporters from other student unions across Ottawa tweeted the photos to Watson and Deans to get their attention.

The age cap puts some students at Algonquin College at a disadvantage since they are not part of the U-Pass program. The program allows full-time students at schools like the University of Ottawa and Carleton University to purchase a discounted bus pass for the eight-month school year.

Desnoyers says part-time students at the two universities are affected because they are not eligible for the U-Pass. Also, the U-Pass expires between May 1 and the end of August.

The mayor did respond via Twitter to one supporter of the students' cause but questioned how the city will be able to afford the revenue shortfall.

"@gina_aline still waiting for your proposal to find the \$2.9 million to pay for it. Just like CUSA, we have a budget that must be balanced," the mayor tweeted.



Student Federation of the University of Ottawa (SFUO) members Nicole Desnoyers, left, and Chris Hynes hold signs used in a Twitter campaign Tuesday to raise awareness about building frustration over OC Transpo's age cap on student bus passes. JOE LOFARO/METRO

OC Transpo drivers need more security: Expert



to handle violent customers after a driver was attacked and had his nose broken on July 26, but even more needs to be done to protect OC Transpo's operators, a security and crime-prevention expert said Tuesday.

Bus drivers will be taught how

"Research shows fare enforcement and fare evasion is one of the main catalysts for violence against drivers," said David Hyde, a Toronto-based consultant with David Hyde & Associates

"We need something that

will physically prevent the assaultive individual in the cab,"

A barrier could have helped prevent the July attack in which a driver had his nose broken by a young passenger for being 15 minutes late. However, a more holistic approach to safety is also needed, Hyde argued.

"Addressing the issue of assaults isn't a quick-win situation," he said as he urged OC Transpo and its drivers' union to join forces and use a combination of video cameras. training and physical barriers to deter attacks.

In 2012, 51 Ottawa drivers

Ontario's Amalgamated Transit Union.

Many incidents involved spitting others involved blows.

were assaulted, according to

spitting; others involved blows, shoves and verbal threats.

"After you've heard one of

After you've neard one of these stories, you wonder if the next guy getting on will punch you," said Watson. Just hearing about the attacks takes a toll on drivers, he said.

Yet barriers and cameras —

which the city has estimated will cost \$16.3 million to install over the next six years — aren't the main tools drivers should rely on, but rather their people skills, Watson added.

"We're going to explain to the drivers that collecting the fare is a request," he said, noting drivers are already signing up for the two-hour course. "If somebody doesn't want to pay the fare, it's not worth an assault, since 55 per cent of our assaults are fare related."

GRAHAM LANKTREE/METRO

Addressing concerns

RAHAM LANKTREE/METRO

Calypso Water Park moratorium lifted by the city

The City of Ottawa has lifted its moratorium on summercamp visits to Calypso Water Park after the Technical Standards and Safety Authority (TSSA) laid 20 safety-related charges against the park,

stemming from incidents in 2011 and 2012.

In an email statement, Dan Brisebois, the city's manager of aquatic services in the parks, recreation and cultural services department, said his staff received "recent supplemental information" from Calypso prior to lifting the moratorium. Calypso says it has addressed the TSSA's safety concerns. METRO

Howard Richmond

Soldier accused of murder makes court appearance

Howard Richmond, 50, a Canadian soldier accused of first-degree murder in the death of his 28-year-old wife Melissa, made a brief court appearance by video link Tuesday. METRO

Charges laid

Man suspected of stealing from his girlfriend's dead relative

Kingston police have laid charges against a man they say stole from his girlfriend's dead relative.

Police say they were called Monday to investigate the sudden death of a 58-yearold man after he was found by a female relative and her

They allege paramedics saw the boyfriend take gold rings, a watch and a "large sum of cash" belonging to the dead man. He is charged with possession for the purpose of trafficking, theft under \$5,000 and possession of property obtained by crime. THE CANADIAN PRESS

metronews.ca metronews.ca wednesday, August 7, 2013

Canadian rewrite: 20,000 hockey players under sea

Making a splash.

Submerging sport faces one obstacle — how do fans watch?

If you like snorkeling and playing hockey, this unheardof sport may just float your boat. That's right folks; hang up your skates and pull on that speedo, it's time to dive into the world of underwater hockey.

The sport has similar rules to ice hockey, but boasts a nocontact, zero gravity feel that is making a splash around the world. Globally there are more than 20,000 people taking to shallow ends of lap pools to play some competitive underwater hockey.

However, even with growing participation and teams across the country, the sport is still passing under the radar, says one local enthusiast.

"You get the typical reac-

tion: 'Underwater hockey, what's that? How do you play? With sticks? How do you breathe?'" says Matt Riching, who is representing Ottawa as a player for team Canada. The team is preparing to travel to Hungary for the 18th CMAS Underwater Hockey World Championship from August 23 until September 1.

Richling said that the sport is catching on, but it doesn't lend itself to spectators.

"You can't just stick your head underwater," he said. "It's not an easily spectatordesigned sport."

But fear not super fans. Higher profile events, such as the one in Hungary, usually have video cameras set up to film the action underwater.

Richling says the footage will be broadcast live online for those hoping to catch the aquatic display and cheer on Team Canada as they compete with 20 other countries at the championships.

HELEN PIKE/FOR METRO



Pathway patrol has 'saved lives' in wake of Ardeth Wood murder



Ardeth Wood's father Brenden Wood reminisced about his daughter on the 10th anniversary of her death and released a balloon to commemorate her life during a ceremony held near where Ardeth died. GRAHAM LANKTREE/METRO

On the 10 year anniversary of Ardeth Wood's murder on an east end bike path, her father praised a group of cyclists who have patrolled the pathway since to ensure a similar tragedy didn't visit other families.

"It brings the demons back," said Ardeth's father, Brenden Wood, of the anniversary

It's easy to lock away the memories and forget when his daughter disappeared in 2003 after setting out for a ride near Green's Creek, he said.

"I'm pleased that there

Quoted

"One of our members talked down an attempted suicide.... We often see single women out on the path who say, 'Thank you."

Aldyth Holmes, a co-ordinator for the city's Pathway Patrollers

are people here patrolling on the pathways," he told the city's Pathway Patrollers, a group of roughly 30 to 40 people who ride the paths a couple times weekly looking for those in need. "I think you do a valuable service," Wood added.

"We've already save

lives," said Aldyth Holmes, a co-ordinator for the east end program, who has patrolled the stretch of path near the Ottawa River with the group for the past nine years. "One of our members talked down an attempted suicide," she said, explaining that a man once

tried to hang himself from a road sign near 10th Line Road. "We often see single women out on the path who say, 'Thank you'," she said. "It could have happened to anyone."

The disappearance of the 27-year-old philosophy student in the middle of the day in 2003 prompted one of Ottawa's largest searches and a two-year manhunt for Wood's killer.

In 2008 Christopher Myers pleaded guilty to Ardeth's murder and was sentenced to life in prison.

GRAHAM LANKTREE/METRO

Diane Lahaie

Gatineau woman's house fire death a homicide: Police

A 64-year-old woman, whose body was discovered in a burned out home in Gatineau was the victim of a homicide, Gatineau police say

In a news release issued

Tuesday afternoon Gatineau police confirmed Diane Lahaie was the victim of a "homicide."

Police said Lahaie was the owner of the home at 14 Gaspé St. and they termed the July 27 blaze an arson.

Police will not say if they have a suspect in the case, saying they don't want to jeopardize an ongoing investigation.

SEAN MCKIBBON/METRO

Strike averted

Profs, U of Ottawa make tentative contract deal

Students at the University of Ottawa may be able to breathe easier after professors and the school's administration reached a tentative agreement with the school Sunday. Last week the

Association of Professors of the University of Ottawa (APUO) voted massively in favour of a strike mandate, which put the fast approaching fall semester in danger.

Allan Rock, president of the University of Ottawa, says the deal touches on pension and tenure track positions as well as a salary bump that is in line with what other Ontario university professors receive. HELEN PIKE/FOR METRO

Leadership review?

PCs put Tim Hudak on the hot seat

Tory Leader Tim Hudak is facing an open revolt within his party.

his party.

Hudak heads into a
policy convention next
month with a potentially
embarrassing attempt to
dethrone him hanging over

Ten Progressive Conservatives from London, Ont. submitted a motion Tuesday to the Ontario PC Party asking for the constitution to be amended to allow for a leadership review.

The move follows the party's poor performance in the 2011 provincial vote, a loss in a byelection last year and the Tories losing four out of five byelection votes last week. TORSTAR NEWS SERVICE

DID YOU KNOW?

FACT:

Wireless rates in Canada are typically lower than in the U.S., in some cases up to 40% lower¹ and smartphone monthly plans are actually less expensive in Canada than in the United States.²

Source

(1) Wall Communications Report, prepared for CRTC, July 2013.

(2) Scotiabank, March 7, 2013

CANADA 🌞 A WORLD LEADER IN WIRELESS



metr⊕

Apparent python strangling leaves city in utter disbelief

Two dead. Family and friends reminisce over brothers, struggle to cope with 'bad dream'

The deaths of two boys, who police believe were killed by an African rock python while they slept at a friend's apartment, has rattled the northern New Brunswick city of Campbellton, where the children were remembered Tuesday as fun-loving free spirits.

Noah and Connor Barthe, aged four and six, were found dead Monday after the 45-kilogram snake escaped its enclosure in the apartment, slithered through a ventilation system above and fell through a ceiling into the living room where they were sleeping, police said.

Dave Rose, the great uncle of the boys, said Noah was looking forward to starting kindergarten this fall before "this awful tragedy."

Rose said the boys were



spending the day with family friend Jean-Claude Savoie, who took them shopping and to a farm before they returned to his apartment.

"They were two typical children; they enjoyed life to a maximum," Rose said.

The Facebook page of the

boys' mother, Mandy Trecartin, shows a mom devoted to and proud of her boys.

"My two super handsome boys sporting their Christmas Trecartin wrote on a photo of the boys in front of a Christmas tree last year.

"I can't believe this is

New mothers living in big cit-

ies in Canada have a higher

risk of postpartum depression

than women in less populated

depression

real," Savoie told Global News on Monday. He said he didn't hear a sound and only discovered the "horrific scene" when he went into his living room that morning. At that point, Savoie said he pinned the snake down and put it in a cage. THE CANADIAN PRESS

The search for answers *continues*

The RCMP said the boys were found dead Monday at around 6:30 a.m. in an apartment located above Reptile Ocean, an exotic pet

The RCMP said Monday they believe the snake strangled the boys, but Sgt. Alain Tremblay said Tuesday investigators are waiting for the results of an autopsy on the children as well as a necropsy on the snake.

Asked why anyone in the apartment didn't appear to have heard anything, Tremblay said that was still under investigation.

The snake was later captured by Savoie, who also owns Reptile Ocean.



It was later put down by a veterinarian and sent for a necropsy to help determine what may have prompted it to attack the boys, Tremblay said.

New Brunswick's Natural Resources Department said a special permit is required for African rock pythons and that the snake's owner didn't have

Urban moms at higher risk of postpartum depression: Study



can occur after a woman gives

Postpartum

areas, a study has found.

birth and is a serious health risk for both women and their babies. The symptoms are more intense and longerlasting than the typical baby blues and may interfere with a mother's ability to care for

The study, published Monday in the Canadian Medical Association Journal, is based on a 2006 national survey of almost 6,500 new mothers. It found that almost 10 per cent of the women living in cities with a population of at least 500,000 reported experiencing postpartum depression.

That's compared to six per cent of new moms in rural areas, almost seven per cent in semi-rural or small-town areas and about five per cent in semi-urban areas.

'Social support was a major factor," said lead author Dr. Simone Vigod, a psychiatrist at Women's College Hospital in Toronto. "So women in large urban areas were reporting much lower levels of social support than women in all three other groups.'

Many large cities also have a higher percentage of immi-

"And those women in particular in our study appeared to be at increased risk," explained Vigod, adding that women whose families live elsewhere may not have the same kinds of support.

Climate change

Most new mothers experience mood disruptions. But symptoms of postpartum depression go beyond those reactions to include:

Loss of appetite, insomnia, intense irritability and anger, lack of joy in life, feelings of guilt or inadequacy, difficulty bonding with the baby, and suicidal thoughts.

Rights investigation

Company sorry gay couple allegedly sent to back of bus

The company that runs the shuttle service to the Albuquerque, N.M., airport's rental-car centre is apologizing after a driver allegedly ordered a gay couple to sit in the back of the shuttle bus.

Standard Parking Inc. said

it respects the equal rights of all customers and doesn't tolerate discrimination of any kind. It also said the employee was suspended after the company learned in July of the late June incident.

According to a police report, one of the men involved said they'd been holding hands and that the driver ordered them to the back when one of them started to sing. THE ASSOCIATED PRESS

'No more pain'

Baby best man dies of leukemia

The mother of a terminally ill two-year-old Pennsylvania boy who served as his parents' best man at their wedding says he has died.

The boy, who had leukemia and other complications, was dressed in a tan pinstripe suit for Saturday's wedding. THE ASSOCIATED PRESS



Sea, snow and ice simmered in 2012, arand study shows

A massive U.S. study by the National Oceanic and Atmospheric Administration says the world in 2012 sweltered with signs of climate change. Rising sea levels, snow melt, heat buildup in the oceans as well as melting Arctic sea

ice and Greenland ice sheets all broke or nearly broke

National Climatic Data Center director Tom Karl says surface temperatures haven't risen in the last 10 years, but he notes that is only a blip in time, subject to natural variability. Since records were first kept in 1880, all 10 of the warmest years ever have been in the past 15 years, NOAA records show. The associated press

metronews.ca Wednesday, August 7, 2013

BUSINESS 07



Flush It! The remotely controlled Satis toilet brings technology, and possible privacy concerns, into the loo. METRO WORLD NEW

Smart toilets a stinky idea?

There's an app for even that. Expert says new porcelain throne, which can be controlled remotely, is overflowing with bad and unsafe features

KATHRYN GILBERT

During technology security firm Trustwave's Home Invasion 2.0 presentation, a startling revelation was made: Using a smart toilet isn't all that safe. The remotely controlled Satis toilet can be operated by anyone with the complementary app, meaning it's ripe for mischief-making. Metro spoke

to managing consultant Dan Crowley, who discovered the breach, as well as another worrying way in which your home can be hacked.

Let's discuss the toilet for a minute — have you actually heard of anyone hacking it?

It's funny you say that, as I went to this party after the presentation and I met a guy there who was very excited to see me. The toilets at this Vegas hotel were smart ones, and people were stealing all the water from them!

But do you think anyone would actually do any real harm with the hack?

Say a prime minister or president has a smart toilet. It keeps records of your bowel movements, and so people could discover stuff about their health. That's where it could be serious. I don't want to overblow it, though.

Knowing what you now know, would you use a smart toilat?

To be honest, I don't think I would've used it before the presentation, but I'm doubly wary now.

You said the toilet was the least important discovery you made. What was the most important?

I found you could hack into Vera Lite (home-automation system), so you could enter someone's home when they're not around. The first time I contacted Vera Lite to tell them, they didn't respond, just like the toilet company. They're working with me now, though, since all the press attention.

First-class really is better.

JetBlue cuts legroom by an inch, but only in coach

JetBlue Airways will cut one inch of legroom from its coach seats on transcontinental flights to make room for a new first-class cabin that will feature lie-flat beds.

The New York-based airline unveiled plans Monday for its first premium service on flights between New York and Los Angeles and San Francisco. It's part of a larger effort by the carrier to attract business travel-

lers, who pay more for last-minute flights.

The new seats will debut on Airbus A321 planes in the second quarter of 2014. The planes will have 16 seats in the front cabin and 143 in the back. JetBlue planes currently have 34 inches from one row of coach seats to the next. That will shrink to 33 inches in the new configuration, said spokeswoman Tamara Young.

THE ASSOCIATED PRESS

Market Minute

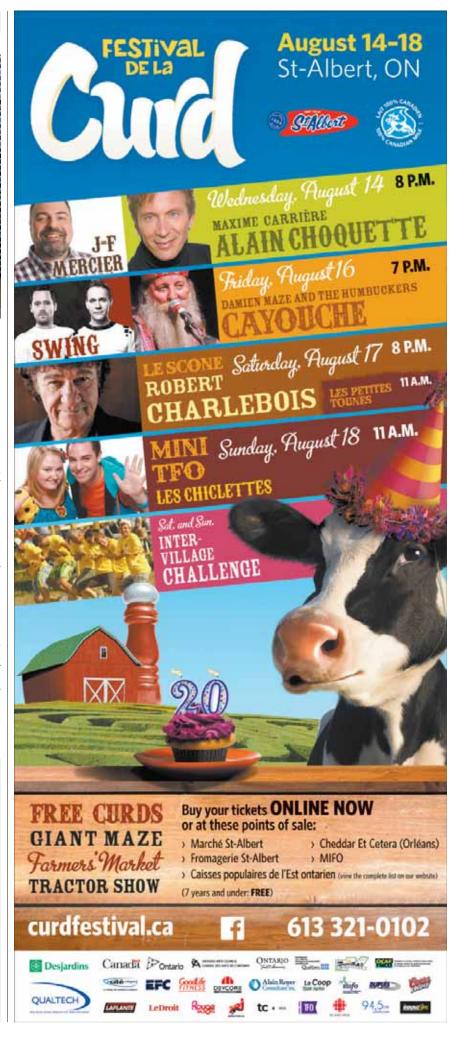








Natural gas: \$3.32 US (-0¢) **Dow Jones:** 15,518.74 (-93.39)



metronews.ca Wednesday, August 7, 2013 metr⊕ **VOICES**

MORE MONEY THAN ... WELL, ME

What fun it must be to be a multibillionaire! You can pretty much buy anything or do anything you want.

Consider Jeff Bezos, the founder of Amazon. com, net worth \$25.2 billion US and the world's 19th-richest person. He just bought the Washington Post, one of America's most respected newspapers, for \$250 million US out of his own

That's not quite as much as the Qatar royal family paid for Paul Cézanne's The Card Players: \$259 million for the painting, one of five in a series, immediately making it the highest price ever paid for a work of art. For the rest of us punters, there's one in the Musée d'Orsay in Paris that looks just like it, and it costs only nine euros to get in. Look, but don't touch. If so inclined, the Qatar royal family can smear their Cézanne with ketchup.

Speaking of ketchup, billionaires are not only interested in buying interesting stuff—they also like to make interesting



Paul Sullivan

metronews.ca

Google billionaires and the world's 21st-richest person, funded the creation of a test-tube hamburger. An ordinary person would hit the drivethru, but when you're a billionaire you can get them to whip up magic meat in the lab that tastes almost like the real thing, and no animals were harmed in the making of this burger. I wonder how much it would cost to create real bacon from scratch?

stuff. Just the other day, Sergey Brin, one of the

When ordinary people plan a surprise birthday party, it's a big deal if they rent a clown. When Lululemon founder Chip Wilson threw a surprise birthday party for his wife over the weekend, he rented the Red Hot Chili Peppers. He's only the world's 490th-richest person, but

you can't buy that kind of cool, can you? What am I saying? Of course you can!

Of course, some billionaires prefer to continue to squander their wealth on conventional toys. Russian oligarch Roman

Abramovich, the world's 107th-richest person, bought a yacht called the Eclipse for (once it's all outfitted) a rumoured \$1.5 billion. Hard to believe, but at 162.5 metres, it's only the world's second-longest privately owned yacht. The longest is the Azzam, rumoured to be owned by powerful Saudi billionaire Al-Waleed bin Talal, the world's 26th-richest person.

Both the Eclipse and the Azzam are monuments to excess (or is that excessive monuments?). The Azzam is longer than a British Type 45 destroyer. The Eclipse has not one but two helicopter pads, carries a mini-sub on board and requires a crew of 70 to

Not every billionaire is so conspicuously consumptive. Speaking of ketchup (again), Warren Buffett, the world's fourthrichest man, just bought ketchup-maker Heinz for \$23.2 billion. Even though Buffett is the richest man in America, he still lives in the same house in Omaha he bought in 1958 for \$31,500.

Oh, and thanks to Bezos and his most recent purchase, Buffett's shares in the newspaper's parent company have increased in value 9,000 per cent.

Some multibillionaires just like to collect ... more money.

ZOOM

That steam engine is so crochet



Artist crochets entire locomotive

The daily commute would be a cosy prospect if all trains looked like this. Textile artist Olek (a.k.a. Agata Oleksiak) has completed her largest

piece ever, a Px48 steam locomotive and carriages covered in crochet. The Polish-born artist worked around the clock for two days in Lódź, Poland, to cover the train in yarn.

METRO WORLD NEWS

Q and A

It's old and new



What does it represent?

For me, it stands for my home nation of Poland, People here want change and to see new things. But we still have an older generation with an old-fashioned mentality.



Unlike Facebook, Twitter doesn't require that you register with your real name. The nod to the kind of fluid identity that characterized earlier social networks has given rise to a plethora of parody accounts, ranging from brilliant satire to crude portrayals of Twitter's better-known users. Here are just a few that caught Metro's eye.

@PippaTips

A send-up of Pippa Middleton's much-derided Celebrate party-planning book, this parody account of Kate's lesser-known sister offers helpful advice like 'headache tablets can be great in helping deal with a headache." Rumour has it that Pippa is considering legal action to have the account taken down.

@feministtswift

Taylor Swift's troubles with boys have been highly publicized but this parody account sheds light on the Red singer's struggle against patriarchy, mashing her lyrics together with insights about sexism and social justice. Let's just say it puts the gender in Trouble.

@TOMayorFrod

Politicians have always been ripe targets for satire, and who better to skewer than embattled Toronto Mayor Rob Ford. As Mayor Frod's subtle name change suggests, the account walks a fine line between parody and truth and has more than once been mistaken for the real deal.

DARRON CLIMMINGS / THE ASSOCIATED PRESS

@metropicks asked: A town is shocked after a python killed two boys. Should Canada ban exotic pets? Which ones?

@jasminshirazi: I thought there already was a ban on dangerous/exotic pets?! This is so sad, and the lack of a ban is ridiculous.

@EilishMcL: like registered day homes, food and health inspectors; regulate & inspect housed exotic animals regularly & sporadically.

@BatestonBeauty: Unfortunately, you can't ban accidents.

@HulaNova: YES! All of them. They are not domestic creatures and they belong in the wild!

@matdey1980: Canada, land of cats and dogs only! You might want to double check the full list of exotic

Follow @metropicks and take part in our daily poll.

VE WANT TO HEAR FROM YOU: end us your comments: ottawaletters@metronews.ca



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metronews.ca Wednesday, August 7, 2013 **SCENE**



We're the Millers

Director. Rawson Marshall

Stars. Jennifer Aniston, Jason Sudeikis

Ex-SNLer Jason Sudeikis plays Dave, a low-level drug dealer who agrees to smuggle an RV load of marijuana from Mexico to the United States to settle a debt. To cover his tracks, he recruits a stripper (Jennifer Aniston), a homeless street punk (Emma Roberts) and a neighbour (Will Poulter) to pose as his family. We're the Millers takes a good idea, mixes in some outrageous performances but spoils the promise of the premise with a mawkish last 20 minutes. RICHARD CROUSE



Percy Jackson: Sea of Monsters

Director: Thor Freudenthal

Stars. Logan Lerman, Brandon T. Jackson, Stanley

Second time out, Percy Jackson is feeling the sophomore slump. He saved the world once, but what if that's all he had in him? But a quest to find the fabled golden fleece and save his fellow demigods at Camp Half-Blood gives Percy a chance to prove his mettle. Director Freudenthal takes the reins from Chris Columbus with mixed results. It doesn't match the mid-level heights of the original, but part two should satisfy established fans. IAN GORMELY



Matt's just taking the boot off his neck

Interview. Damon talks about everything from unreal body images to his value system that has him going against his own best interests



EHRBAR

When Matt Damon saw himself onscreen in Elysium after months and months of diet and four-hour gym sessions to get him into to sci-fi action hero shape - all he could do was laugh.

"It just looked ridiculous to me," he says. "It's so indulgent, but it's part of the magic trick. I understood why (director Neill Blomkamp) needed me to look like that for that to establish the character. He didn't want any fat on me because he said, 'I want you to look almost Haitian, like you're incredibly fit but you've been working

"(My wife) was fine with me buff, but she was fine with me (40 pounds overweight) on The Informant! I think she just likes variety."

Matt Damon

On what he looks like in different roles

so hard and perhaps you've missed some meals.

While it worked for the film, Damon was happy to let the workout regimen lapse.

"It's just not a natural way for somebody to look. These people who look that way are either genetic freaks or they're just living in a gym," he says. "(My wife) was fine with me buff, but she was fine with me (40 pounds over-weight) on The Informant! I think she just likes variety."

While he might not find it easy to relate to the look of his character, Max - an ex-con factory worker taking on the rich and powerful on their satellite sanctuary, Elysium, which is orbiting the ravaged slum Earth has become - he can at least understand him emotionally

and intellectually.

"He's doing the best he can in a world that's getting increasingly difficult to live in," Damon says. "I think a lot of people can relate to that in this kind of prolonged economic downturn where it feels like the world keeps putting its boot on your neck a little more forcefully every day.'

Speaking of the current state of the world, Damon has never been one to shy away from addressing political issues, and Elysium offers him a great chance to talk immigration, one of the major themes in the film.

"Look, it's a nation of immigrants and I'm from a family of immigrants, so yeah, clearly they're going to have to figure that one out,"

"But the politicians don't talk about it at all. They just see it as an issue where with the polling on it, they're just confused on which way to go. So the Republicans just send out Marco Rubio to speak Spanish to everybody."

Not to suggest, though, that Damon thinks he has all the answers.

"I don't have a comprehensive immigration plan, no. But I can work on it," he

As for relating to the havenots, like his character in the film? "F- them," Damon offers with a laugh.

"No, at least in my case I think the values that I have are consistent with the values I was raised with. I vote against my own self-interests constantly. I campaign against my own self-interests. If you're born with a silver spoon in your mouth, you're probably more likely to be the Koch brothers and think that you shouldn't pay taxes on things. I think it's just a question of where you come

metronews.ca Wednesday, August 7, 2013



Lohan being very careful at crafting post-rehab image

Lindsay Lohan is looking to turn over a new leaf postrehab, and she's doing it in New York City. The troubled actress has reportedly been apartment hunting in SoHo, according to E! News.

"The goal is to have her sober coach live with her full-time," a source says.

Her L.A.-based sober living coach — described by sources as "really fun" but "very strict" — would have to relocate to stay with his high-profile client.

The two were intending to head off on a European vacation this week, but those plans have been postponed.

"(Lohan) doesn't think it is the right thing to do," the source explains. "She is being very smart about all this."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Usher's son nearly died in swimming accident



THE WORD Dorothy Robinson scene@metronews.ca

Sad news today from Atlanta: Usher Raymond V, Usher's oldest son with ex-wife, Tameka Raymond, is in the ICU due to almost drowning in the singer's pool.

According to TMZ, the five-year-old dove into their pool to fish a toy caught in the drain, trapping his hand underwater.

His aunt immediately



dove in but couldn't pull him out. A maid also dove in. Finally, two men working on the house were able to pull him free and give him CPR. Usher, who was not home at the time of the accident, was able to return home in time to ride in the ambulance with his son to the hospital.

This is the last thing the Raymond family needs. Tameka's oldest son, Kile, from a previous relationship, died last year from a jet ski accident.



If a movie flops in the forest and no one saw it, does anyone care?

Johnny Depp has a theory of his own as to why The Lone Ranger fizzled at the box office: It's the critics' fault.

"I think the reviews were written seven to eight months before we released the film," Depp tells Variety. "I think the reviews were written when they heard (director) Gore (Verbinski) and (producer) Jerry (Bruckheimer) and me were going to do The Lone Ranger. They had expectations that it must be a blockbuster. I didn't have any expectations of that. I never do."





Ski-phobe guide to Banff and Jasper

With ample powder coating runs and majestic snow-capped mountains in the periphery at every turn, powder hounds and ski bunnies flock to Alberta's vaunted National Parks. But you don't have to be into the white stuff to enjoy these Parks Canada jewels.

STORY AND PHOTOS MIKE DOJC



Get up close and personal with a glacier

Sipping from a 400-year-old natural snow cone at the Columbia Icefield's Athabasca Glacier, one of the largest hydrological wonders south of the Arctic Circle, I feel more refreshed than every athlete in every Gatorade commercial ever made.

Journeying along the spectacular Icefields Parkway (a.k.a Highway 93 north) to the borderline of Banff and Jasper National Parks, get ready to step back in time and experience a glimpse of the last ice age when woolly mammoths stomped along the frozen tundra. Tours aboard massive 30-tonne Brewster Ice Explorers (think tricked out Greyhounds with monster truck tires) depart every 15 to 30 minutes from the Columbia Icefield Discovery

It's an 80-minute adventure and you'll spend a good chunk of that time roaming the icy expanse. While you can cup your hands to imbibe the glacier fresh melt-water, it's best to tote along your own canteen or flask to spare your fingers from turning blue.

Float along the Bow or **Athabasca River**

While experienced rafters might prefer to paddle, camera-clutching sightseers will likely opt for a float trip, the sweat free alternative. It is as relaxing as a Venetian gondola ride only with the added thrill of the occasional chilly splash of shimmering glacial-silt-laden waters During my guided float down the Atha-B (as the cool kids call it), the guide jokes that if we take a spill into the cold stuff we better take someone overboard along with us because he only bothers rescuing two or more. While the ride down this Canadian Heritage river is as tame as a kiddy roller coaster, the scenery is eye-popping spectacular and it's easy to imagine that traversing this waterway must have been the biggest perk of being a fur trader back in the day.

Skimming the river, the wild Rocky Mountain landscape unfolds with a cinematic effect. You can't help but gawk at the spruce tree flecked shoreline and mountains so beguiling they appear to be cribbed from the Paramount Pictures logo. The sheer beauty of the wild Rocky Mountain landscape comes alive from a river vantage.





Banff Springs Golf Club cart tour

You don't have to be the least bit curious about the type of grass used on the putting greens to appreciate this Stanley Thompson masterpiece. On the \$25 cart tour you'll drive around the iconic Canadian track scoping out the rocky face of Mount Rundle and the tree covered slopes of Sulphur Mountain while your guide regales you with lore. Devil's Cauldron is a bestill-your-beating-heart-and-break-out-the-easel flagstick surrounded by sheer natural splendor. Featuring a glacial lake and rugged mountain backdrop, the spellbinding par-3 was shortlisted by Golf Magazine as one of the top 18 holes in the world. Another highlight is the horseshoeshaped bunker on a hole known as The Goat, a sly wink by the designer telling golfers who have the misfortune of being forced to shoot over it, "Good luck." After taking in the sites, even novices will be itching to book a tee time. For experienced golfers looking for a challenge, the area is replete with top notch mountain courses including Jasper Park Lodge, Stewart Creek, and the Canmore Golf & Curling Club, to name a few. Canadianrockiesgolf.ca can set you up for a

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Want a room less ordinary? Try California's Madonna Inn

A little whimsy. With its wild-theme rooms and off-the-wall decor, this isn't your run-of-the-mill motor inn

MICHELLE CASTILLO

Metro World News in New Yorl

If you're ever in San Luis Obispo, Calif., you might want to spend a night at the Madonna Inn.

Each of the motel's rooms features a different theme, so there's something to cater to every whimsical desire.

You can go on an adventure in the "Safari Room," have a romantic getaway in "Hearts & Flowers" or even travel to the past in the "Old World Suite."

We talked to Clint Pearce, the president of Madonna Enterprises, to get the scoop behind the hotel. What's the story behind all the themed rooms at the Madonna Inn?

When the Inn was envisioned in the late '50s, Alex and Phyllis Madonna wanted an experience you couldn't find anywhere else.

They thought it would be fun to make every room different as if each were a unique experience, and wanted to differentiate their Inn from other motor lodges where every room was identical.

Mr. Madonna used to joke that he was worried about making a mistake with the rooms, so if he made each one different at least he couldn't make the same mistake twice.

Exactly how many rooms are there and how many themes?

We have 110 guest rooms, and each is different so I suppose there are 110 themes.

That being said, there are common themes such as old west, nautical, etc., but within the common themes the rooms are vastly different

What's the most popular room?

The most popular room has always been the "Caveman Room." It started as the Flintstone room but the folks at Hanna-Barbera were protective of that name so it was quickly renamed to Caveman.

Have any famous people stayed at the Madonna Inn? What rooms did they stay in?

Wow, we've had so many celebrity guests throughout the years it's hard to spotlight one.

We also like to keep our guests confidential.

But here it goes: Somewhat recently we had a big name actor stay in "Pick and Shovel" and had a very big time.

To our housekeepers' surprise, he was usually naked during his stay. He even had unusual requests of concierge, all PG-rated thankfully.

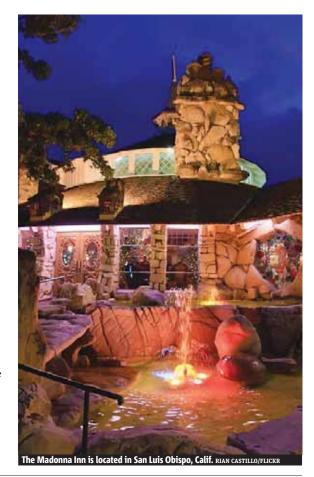
We also had the Playboy Playmates stay with us in the "Love Nest" room. They even filmed part of their reality show on property.

In your opinion, what is the strangest room?
I would say it's "What's

This is actually a room of the bits and pieces of what was left after building all the

Do you have any plans to add new rooms or introduce new themes?

Not at this time but you never know what the future holds.





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Keep it classic with roasted chicken



ROSE REISMAN er on twitter @rosereisman

There's nothing like a wonderfully well cooked roasted chicken. To keep it moist, I like to stuff it with a grain like this orange dried apricot couscous and a velvety apricot glaze.

- 1. Preheat oven to 400 F spray a roasting pan with vegetable oil.
- **2.** Apricot glaze: Combine all ingredients until well mixed.
- **3.** Bring chicken stock to boil in saucepan; stir in couscous, cover and remove from heat. Let stand 5 minutes; fluff with a fork. Add 3 tbsp apricot glaze, snow peas, carrots and apricots.
- **4.** Loosely stuff chicken with some of the couscous. Place in roasting pan. Put remaining couscous stuffing in a casserole dish and cover. Set aside.
- 5. Brush whole chicken with some oil, salt and pepper and 2 tbsp of the apricot glaze. Bake

for 1 hour, or until juices run clear when leg is pierced at thickest point or when temperature reaches 160 degrees F.

6. Put casserole with stuffing in oven for last 30 minutes of roasting time. Let chicken rest for 10 minutes before carving. Serve chicken with couscous and remaining glaze. ROSE REIS-MAN'S ENLIGHTENED HOME COOKING (ROBERT ROSE) BY ROSE REISMAN

• 3 lb roasting chicken

- Apricot Glaze
 3/4 cup apricot or peach jam
 1/2 cup chicken stock
- 3 tbsp orange juice concen-
- trate, thawed • 1 tbsp soya sauce
- 1 tsp minced garlic
- 1 tsp minced ginger root

Couscous Stuffing

- 1 cup chicken stock
- 1 cup couscous
- 1 cup finely chopped snow
- 1/2 cup each finely chopped carrots and dried apricots



Drink of the Week

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- 1 oz simple syrup
- 0.5 oz fresh lemon juice
- Garnish with a twist of orange

Add all liquids into a shaker tin with ice and shake until well chilled. Strain into a Collins glass over fresh ice and garnish with an orange twist.

RECIPE AND PHOTO COURTESY OF HENNESSY





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How to lessen lateafternoon lethargy

Asleep on the job?

There are plenty of ways to avoid getting tired toward the end of vour work day

ROSIE HALES

the day.

It's ironic that your energy drops most noticeably when you're at work, exactly when you need to be alert and focused. Fortunately, there are a few handy strategies that you can use to keep yourself from

hitting a wall in the middle of

Watch what you're snacking on

Cookies, chips, doughnuts, basically anything that is satisfying a sugar or carb craving is also going to give you a big sugar hangover later in the day.

If you want to fight off hunger, then high-protein foods are the key to staying awake and alert until you get home.

Snack on things like fruit, veggies, hummus, cheese and keep processed and sugary foods for the weekend, when you can indulge and then enjoy the nap that will inevitably fol-

Supplementing an already healthy diet with vitamins such as vitamin B and iron can also help keep you awake throughout the day.

If you find that hunger is making you crave the sweet stuff then try drinking instead of eating. No coffee or soda, just



water. Good old H20 can be a good way of a) waking you up and b) filling you up. Research shows that if your body has just two per cent less water than it needs then you'll feel fatigued.

Take a break

Not taking a sufficient break at lunch time can also mean a bigger crash in the afternoon.

If you're constantly working at a computer then the screen can exhaust your eyes, making you feel more tired than you actually are. Giving your eyes a 20 second break from your computer screen every 20 minutes is a good rule of thumb. Also, make good use of your lunch hour. If the weather is good eat your lunch outside or go for a walk or a run. It's a great chance to clear your head and get some exercise in if you can.

Check out your sleep habits

If you're following these tips already and you're still hitting the wall then ask yourself, are you getting enough sleep? The average person needs anywhere between Seven and 10 hours of sleep a night. If you're cutting corners here, it may be time to stop. Count how many hours you're getting each night and decide if you maybe need to rethink your sleep schedule.

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Are you prone to leaps of labour?

I'm out of this office! Sporting a seriously long CV does not always mean you're a career commitment-phobe

MEGHAN GREAVES

In the course of your career, you'll meet a number of people who seem to constantly be finding, starting and leaving jobs.

These job hoppers can have a number of different motivations, so don't be too quick to jump to conclusions about their work ethic.

Here's a list of the most common kinds of job hopper. Are you one of them?

The high achiever

This job hopper's need to be at the top of the ladder is the main reason they constantly switch roles. They want to move up quickly in their industry, which means they're willing to take



on roles that hold a higher level of responsibility and account-

This could mean working with their employer to develop a career plan or switching employers completely in order to obtain a higher-level position.

High achievers aren't scared to relocate, leave their current workplace or take on bigger challenges.

The dissatisfied searcher

The dissatisfied searcher is an employee who tends to wander before being able to settle down in their career.

This may be because they

aren't sure what type of career is for them, haven't developed the background needed for their ideal role or are looking for something that isn't available to them at that particular point in time.

This type of job hopper may have a harder time finding a role they're happy in, as they're always looking for something

The got-to-have-it hopper

The got-to-have-it hopper has to be up-to-date and in the know about new opportunities in their field.

This type of hopper is savvy to new career opportunities that are out there and often applies to the ones that pique

They enjoy applying to different jobs just to see where it could take them. Sometimes this means a new career alto-

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The confident mover

- Opportunities that are a far drive or even flight away from home don't deter this job hopper! They aren't afraid to relocate for an opportunity within their company or for a new employer.
- This type of job hopper tends to have the same traits as the high achiever as they also have a strong drive to move up quickly in their company or industry. If this means packing their things and moving across the country, they're up



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SPORTS



Canadian tennis wins mark a leap forward

Rogers Cup. Four more Canucks join Ottawa's Jesse Levine in second round of star-studded men's event

It was a huge day for Canada at the men's Rogers Cup in Montreal

Filip Peliwo, Frank Dancevic, Vasek Pospisil and Milos Raonic all pulled off three-set victories on Tuesday to advance to the second round of the \$3.49 million US event.

With Jesse Levine of Ottawa's win on Monday, it put five Canadians into the second round.

The last time Canada had even three in the second round of the event that was once called the Canadian Open was in 1993.

"It's amazing," said Dancevic, who downed Lu Yen-Hsun of Taiwan 5-7, 7-6 (6), 6-1. "It's a Masters series event and pretty much everyone you play here is at a high level, ranked in the top 50, so to have (five) guys through the first round shows a lot about how far Canadian tennis has come along.

The prodig

"Confidence, to be able to say I beat a top-40 player. I'm still trying to realize what I did."

19-year-old Filip Peliwo

"It's really great to see and it's been showing up more and more in all the tournaments."

The 13th-seeded Raonic of Thornhill, Ont., took out Frenchman Jeremy Chardy 6-3, 4-6, 7-5 in the evening.

It was a first win in an ATP event this year for Dancevic,

who has been doing well of late in lower-level tournaments.

Peliwo, who became the first Canadian male to win a junior grand slam event at Wimbledon in 2012, staved off a match point with what he called a "lucky" shot at the net for a 3-6, 7-5, 3-1 win over 39th-ranked Jarkko Nieminen.

The Finnish left-hander was forced to retire in the third set with a hamstring injury.

Pospisil upset one of the hottest players on the ATP Tour as he outlasted 20th-ranked American John Isner 5-7, 7-6 (5), 7-6 (4) before a roaring crowd on centre court. THE CANADIAN PRESS

Canada Summer Games

Armed man forces evacuation of athletes: Report

More than 40 athletes were evacuated from a university residence at the Canada Summer Games on Tuesday after police were called to a domestic disturbance at a house across the street.

"According to the initial information obtained, an armed man was in a house on Winder Street," said Martin Carrier, spokesperson for the Sherbrooke Police.

"Due to the proximity of residences housing Canada Games athletes, an evacuation order was called." THE CANADIAN PRESS

Women's Rogers Cup

Eighth-seeded Kerber falls in second round

Dominika Cibulkova of Slovakia eliminated eighthseeded Angelique Kerber of Germany in second-round play Tuesday at the Rogers Cup women's tennis tournament. The unseeded Cibulkova, ranked No. 20 in the world, needed almost three hours to complete the 6-7 (0), 6-2, 7-5 victory at Rexall Centre at York University in Toronto.

No. 11 seed Maria Kirilenko of Russia and 16th-seeded Serb Ana Ivanovic won their first-round matches in straight sets.

In other first-round matches, Toronto's Sharon Fichman beat Stephanie Dubois of Laval, Que., 5-7, 6-2, 6-2 and No. 13 seed Kirsten Flipkens of Belgium defeated American Venus Williams 0-6, 6-4, 6-2.

HE CANADIAN PRESS

National team vet welcomes young pros



Canadian veteran Jermaine Anderson played in Germany last season. GETTY IMAGES

International basketball isn't just off-season fun for Jermaine Anderson. It's a spotlight and dream for a player who has never competed in the NBA.

So as Anderson spoke about how important it was for Canada's senior men's team to come together at training camp, Tristan Thompson walked over and wrapped an arm around the 30-year-old guard.

Anderson looked relieved — no longer does he have to shoulder the burden of Canada's success alone.

"I'm the young guy now," said Anderson.

Anderson, Thompson and their teammates worked out Tuesday on the Toronto Raptors' practice court at the Air Canada Centre ahead of two exhibition games against Jamaica on Thursday and Saturday.

The 20-player camp will determine who'll be on the roster when Canada travels to Venezuela for the FIBA Americas Championship from Aug. 30 to Sept. 11. The top four tournament teams qualify for next year's FIBA World Cup in Spain.

Anderson, who played professionally last season in Germany, has made over 75 appearances for Canada and has been a member of the senior men's team since 2004. Winning now with the national team is a priority for the player nicknamed Rock.

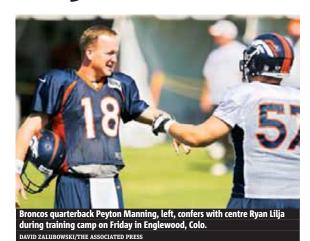
"It's everything," he said.
"Ever since I came here my goal has always been to play in as many world championships as possible and to get to the Olympics, so the goal hasn't changed."

THE CANADIAN PRESS

Northern arsenal

Tristan Thompson (Cleveland Cavaliers), Cory Joseph (San Antonio Spurs), Andrew Nicholson (Orlando Magic) and Joel Anthony (Miami Heat) are all NBA regulars, while Anthony Bennett (No. 1 overall this year to Cleveland), Kelly Olynyk (No. 13 to Boston) and phenom Andrew Wiggins (projected to go first overall in next year's draft) are all waiting in the wings.

Peyton 'still learning' on eve of 14th season



NFL. Superstar elder statesman of QBs says younger teammates keep him fresh

Peyton Manning knows that at age 37, he's long in tooth and short on time, at least by NFL standards. Yet, the annual influx of 22-year-olds who are ever-stronger, ever-fitter and ever-faster have him feeling like a youngster himself.

They keep him on his toes, spry in body, mind and spirit.

So do the athletic trainers and the strength staff who monitor his never-ending

rehab, the new offensive coordinator who's barking into his ear on game day, the new position coach and his new slot receiver extraordinaire, Wes Welker.

"Yeah, certainly I'm still learning," Manning said after practice Tuesday. "You still learn when you have a new offensive co-ordinator in Adam Gase, a new quarterbacks coach in Greg Knapp, who's been around football for a while and I'm learning some of his coaching philosophies. Any time you're constantly learning, I think that does make you feel young. That makes you feel like all the other players.

"It doesn't matter how old you are or how young you are, you're all fighting for the same goal."

Broncos QB Peyton Manning

"Sometimes when you have a little variety, that does keep things kind of fresh and keeps you stimulated.... And so, I love practising every day. I love being out there with the guys, I love hanging out in the locker room when you have a free minute and having some laughs but working in the weight room. So, I feel

very much like one of the guys.

And he plays very much like he always has.

Manning had a terrific comeback last season and he looks even better this summer. No less an expert than hall of famer John Elway, who just happens to be his boss, said the ball is coming off Manning's hand much better than it ever did last season, when the four-time MVP won Comeback Player of the Year after rebounding from a series of neck injuries and surgeries that affected a nerve that runs into his right

THE ASSOCIATED PRESS

MLB

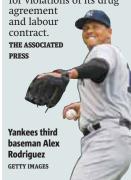
A-Rod's return a victory for YES

Alex Rodriguez's return had an immediate impact for the New York Yankees on the team's television network.

A-Rod's first MLB game in 2013 drew the YES Network's highest rating this year for a Yankees game, an 8-1 loss at the Chicago White Sox on Monday

YES said the game had a 4.34 rating and averaged 393,000 viewers. The previous high was 4.16 rating for a 2-1 loss to the Mets on May 27.

Earlier Monday, Rodriguez was given a 211-game suspension through the 2014 season for violations of its drug



Golf. British Open victory leaves Lefty with new perspective on career

Phil Mickelson looks at himself differently these days.

Sure, there's a bit of uncertainty in the grogginess of morning, when he wakes up wondering if that claret jug really belongs to him for a whole year.

Then — yep — there it is, his name engraved on the British Open's silver chalice.

For Lefty, it's all gravy from this point on.

He feels complete.

"The British Open really changed some of my perception of myself as a player," Mickelson said Tuesday after a practice round at Oak Hill for the final major of the year, the PGA Championship. "Had I won another green jacket, that would not have done the same thing as what winning the claret jug has done."

Mickelson is a little over two weeks removed from one of the greatest closing rounds in major championship history, a 5-under 66 at rock-hard Muirfield to claim golf's oldest crown.

It was the leg of the career Grand Slam that always figured to elude him. His game was built for the target golf played in America, complete with an array of soaring drives and won-



Phil Mickelson tees off on a practice hole at the PGA championship at Oak Hill Country Club on Tuesday in Rochester, N.Y. GETTY IMAGES

drous wedges.

"In my mind, it is an accomplishment in my career that makes me more of a complete player," he said. "To finally have won that and break through and play some of my best golf ever in my final round, that kind of changes the way I view myself and my game, more so than just a major championship that I had already won." THE ASSOCIATED PRESS

AMERICAN LEA	GU	E		NATIONAL LEAGUE						
EAST DIVISION					EAST DIVISION					
	W	L	Pct	GB		W	L	Pct	GB	
Boston	68	46	.596	_	Atlanta	68	45	.602	_	
Tampa Bay	66	45	.595	1/2	Washington	54	58	.482	131/2	
Baltimore	61	51	.545	6	Philadelphia	50	61	.450	17	
New York	57	54	.514	91/2	New York	49	60	.450	17	
Toronto	52	60	.464	15	Miami	43	67	.391	231/2	
CENTRAL DIVISION					CENTRAL DIVISION					
	W	L	Pct	GB		W	L	Pct	GB	
Detroit	65	45	.591	_	Pittsburgh	67	44	.604	_	
Cleveland	62	50	.554	4	St. Louis	65	46	.586	2	
Kansas City	57	52	.523	71/2	Cincinnati	61	51	.545	61/2	
Minnesota	48	61	.440	161/2	Chicago	49	62	.441	18	
Chicago	41	69	.373	24	Milwaukee	47	65	.420	201/2	

41	07	.5/5	24	WIIIWaukee	**
				WEST DIVISION	
W	L	Pct	GB		١
64	47	.577	_	Los Angeles	6
63	50	.558	2	Arizona	5
52	60	.464	121/2	San Diego	5
51	60	.459	13	Colorado	5
37	74	.333	27	San Francisco	5

Detroit at Cleveland, postponed N.Y. Yankees at Chicago White Sox Minnesota at Kansas City

Detroit 4 Cleveland 2 Chicago White Sox 8 N Y Yankees 1 Houston 2 Boston 0 Kansas City 13 Minnesota 0 Texas 5 L.A. Angels 2

Toronto 3 Seattle 1 All times Eastern

Oakland

Texas

Seattle

Los Angeles

Tuesday's results

Roston at Houston

Texas at L.A. Angels

Monday's results

WEST DIVISION

Toronto (Happ 2-2) at Seattle (Harang 5-10), 3:40 n m

Detroit (Fister 10-5) at Cleveland (Salazar 1-0), 7:05 p.m.

N.Y. Yankees (Sabathia 9-10) at Chicago White Sox (Santiago 3-7), 8:10 p.m. Boston (Dempster 6-8) at Houston (Cosart 1-0), 8:10 p.m.

Minnesota (Deduno 7-4) at Kansas City (Duffv 0-0), 8:10 p.m. Texas (Ogando 4-3) at L.A. Angels (Hanson

4-2), 10:05 p.m.

EAST DIVISION				
	W	L	Pct	GB
Atlanta	68	45	.602	_
Washington	54	58	.482	131/2
Philadelphia	50	61	.450	17
New York	49	60	.450	17
Miami	43	67	.391	231/2
CENTRAL DIVISION				
	W	L	Pct	GB
Pittsburgh	67	44	.604	-

incinnati	61	51	.545	61/
Thicago	49	62	.441	1
Nilwaukee	47	65	.420	201/
WEST DIVISION				
	W	L	Pct	GE
AI	(2	40	FFO	

	W	L	Pct	GE
os Angeles	62	49	.559	-
Arizona	56	55	.505	
San Diego	52	60	.464	101/
Colorado	52	61	.460	1:
San Francisco	50	61	.450	12

Tuesday's results
Chicago Cubs at Philadelphia
Miami at Pittsburgh
Atlanta at Washington
Oakland at Cincinnati
Colorado at N.Y. Mets
L.A. Dodgers at St. Louis
Tampa Bay at Arizona
Baltimore at San Diego
Milwaukee at San Francisco
Monday's results Monday's results

Monday's results
L.A. Dodgers 3 St. Louis 2
Atlanta 3 Washington 2
San Francisco 4 Millwaukee 2
Wednesday's games
All times Eastern
Oakland (Colon 14-3) at Cincinnati (Bailey
6-10), 12:35 p.m.
Baltimore (Gonzalez 8-5) at San Diego
(Stults 8-10), 3:40 p.m.
Chicago Cubs (Wood 7-8) at Philadelphia
(Hamels 4-13), 7:05 p.m.
Miami (Koehler 3-6) at Pittsburgh (Morton
3-3), 7:05 p.m.

Milami (Koenier 3-6) at Pittsburgh (Morton 3-3), 7:05 p.m.
Atlanta (Medlen 8-10) at Washington (Zimmermann 13-6), 7:05 p.m.
Colorado (Chacin 10-5) at N.Y. Mets (Harvey 8-3), 7:10 p.m.
L.A. Dodgers (Nolasco 7-9) at St. Louis (Miller 11-7), 8:15 p.m.
Tampa Bay (Archer 6-4) at Arizona (Delgado 4-3), 9:40 p.m.
Milwaukee (Gorzelanny 2-4) at San Fran-

cisco (Bumgarner 11-6), 10:15 p.m.

EAST DIVISION PF 156 122 129 139 187 Hamilton

Winnined WEST DIVISION **PF PA Pts** 183 87 10 162 133 8 Saskatchewan 143

B.C. 27 Winnipeg 20

Thursday's game — All times Eastern

EASTERN C	DIALI	EKE	MC.	_			
	W	L	Т	GF	GΑ	Pts	
New York	11	7	5	36	29	38	
Kansas City	10	7	6	33	24	36	
Montreal	10	6	5	33	32	35	
Philadelphia	9	7	7	34	32	34	
Houston	9	6	6	26	21	33	
New England	8	8	6	27	20	30	
Chicago	8	9	4	27	31	28	
Columbus	6	11	5	25	30	23	
Toronto	4	10	8	20	29	20	
D.C.	3	15	4	13	36	13	

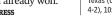
	W	L	Т	GF	GA	Pts
alt Lake	11	7	5	38	26	38
olorado	9	7	8	30	26	35
ortland	8	3	11	32	21	35
os Angeles	10	9	3	32	27	33
ancouver	9	7	6	34	30	33
allas	8	6	8	27	30	32
eattle	9	7	4	27	22	31
an Jose	8	9	6	25	33	30

WESTERN CONFERENCE

Chivas IISA 4 13 5 19 39 17 **Note:** 3 points for victory, 1 point for tie. Saturday's games - All times Eastern Seattle at Toronto, 7 p.m. New York at Columbus, 7:30 p.m. San Jose at Vancouver, 7:30 p.m. D.C. at Philadelphia, 8 p.m.

Montreal at Chicago, 8:30 p.m. New England at Kansas City, 8:30 p.m. Houston at Salt Lake, 9:30 p.m. Sunday's games Los Angeles at Dallas, 8 p.m.

Colorado at Chivas, 11 p.m.





metronews.ca Wednesday, August 7, 2013 **DRIVE**

The 2014 Cadillac CTS



ALL PHOTOS WHEELBASEMEDIA.COM

- •Type. Four-door, rear-/all-wheeldrive mid-size sedan.
- •Engines (hp). 2.0-litre DOHC 14, turbocharged (272); 3.6-litre DOHC V6 (321) or (420)
- •Transmissions. Six-speed (std) and eight-speed (twin-turbo)
- •Base price (incl. destination) \$52,500



Technology

The options list is a lengthy one and includes a 12-inch high-resolution display monitor for operating the infotainment, phone and climate controls. There's also a spoilyou-rotten electronically locking glove box and a power-operated cupholder lid for the centre console.

Fuel Economy

Best of all, perhaps, is the twin turbo V6's 11.6 l/100 km city/7.6 highway fuel numbers that outdo the CTS-V's rating. By comparison, the 2.0-litre turbo CTS is pegged at 10.5/6.6.

Design

With its elongated nose and lower profile, the finished design is much more exoticlooking than before, while maintaining Cadillac's knife-edge design cues. The grille maintains its familiar egg-crate shape, but the side air intakes have been enlarged and the fender edges are now trimmed in a row of LED running lights.

Review. Cadillac's mid size sedan lightens up, powers up and grows up

MALCOLM GUNN

Cadillac's head-to-head battle with German and Japanese rivals is nothing short of audacious and with the re-energized 2014 CTS joining in, the brand continues to gain newfound respect.

The third-generation CTS joins the new compact ATS and full-size XTS in a constantly evolving lineup and will soon be joined by the electricpowered ELR coupe that will employ a similar powertrain to the Chevrolet Volt. The speed at which these new models are coming to market is dizzying to say the least.

The CTS is being repositioned as a larger model with 13 centimetres in added length and about 2.5 centimetres more between the front and rear wheels. Despite

these increases, the CTS's base weight is about 115 kilograms less than the 2013 edition and, according to Cadillac, is now 90 kilograms less than a BMW 528i. Contributing to the reduction is a greater use of aluminum in the manufacturing process, including the door structures.

The interior is equally modern and can be trimmed in seven different material combinations, including genuine wood, carbon fibre and aluminum along with cloth and two grades of leather seat coverings. However it's under the hood where the CTS also displays a flair for the dramatic. The choices include a 3.6-litre V6 that produces 321 horsepower and 275 poundfeet of torque. Also available is a turbocharged 2.0-litre fourcylinder rated at 272 horsepower and 295 pound-feet of

The star of the show is a twin-turbocharged version of the V6 that puts out 420 horsepower and 430 poundfeet of torque. This unique-to-Cadillac powerplant anchors

Cadillac interiors have come a long way in a very short time with regard to fit, finish and materials. It had to keep pace with its rivals. You can choose real wo the CTS V-Sport (it's also used in the larger XTS), which is the successor to the hotrod CTS-V

sedan. six-speed automatic transmission comes with the turbo four-cylinder and the base V6 with all-wheel-drive. The rear-wheel-drive V6 and rear-drive-only twin-turbo V6 each run with an all-new eight-speed automatic transmission with paddle shifters.

The twin-turbo V6 hits 60 m.p.h. (96 km/h) in an impressive 4.6 seconds, which isn't quite CTS-V territory (a

claimed 3.9 seconds), but it should prove quick enough to satisfy most Cadillac owners.

Optionally, you can expect plenty of electronic safety systems and alerts as well as magnetic ride control that constantly monitors road conditions and driving style to provide a comfortable and stable ride. Take a walk around the new CTS and it's obvious that Cadillac is intent on keeping the car as fresh and relevant as possible, and in tune with buyer expectations.



Lexus GS 350 **1**Base price: \$53,900



Audi A6 Base price: \$54,500



3BMW 528i Base price: \$56,500



Sarah M. and her uncle Tony R. Ford Employee Ford Retiree

Bill H. and his son Greg H. Ford Retiree Ford Employee

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2013 **F-150** STX 8.7L/100km 32MPG-HWY-12.5L/100km 23MPG-HWY-12.5L/100km 23MPG-HWY-12.5L/

Employee Price Adjustment /// \$2,301

Delivery Allowance /// \$6.750 Total Price Adjustments # \$9,051

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Wednesday, August 7, 2013

Caution: High-pressure family road trip

Autopilot. Not the smooth Chevy Impala nor the greatest vehicle on the planet could calm the storm that is a long journey with antsy kids



AUTO PILOT Mike Goetz drive@metronews.c

We just completed one of our holiday-related road trips — five hours there, five hours back, with our two kids, now teenagers, in the back. Oh man.

We borrowed the spiffy new 2014 Chevrolet Impala for this Ottawa trip. Along the way fellow motorists might have noticed the red Chevy serenely cruising down the highway, but they would not have noticed the ebb and flow of the atmosphere inside of it.

Sometimes it was great and exactly the kind of communal joy you hope for when families

hit the road together.

Other times it was just nicely balanced, with everyone just peacefully doing his or her own thing.

But a few times it was under pressure and full of that special kind of misery that is only possible when families travel long distances to have fun.

Usually our family trips manage to have precious few of the latter experiences, but for some reason, this time out, both teenagers took hard lines over the common but disputed area in the middle of the back seat, where one could lay down a head, or curl up some feet

At first they took turns using that extra space.

Then someone accused the other of slightly contravening the rules of engagement. The other took umbrage. The dispute quickly escalated to an absurd level. The combatants fought with volume and skill and extensive knowledge of the other's weaknesses, honed over years of experimentation and dedication.

The parental units tried their best to ignore such pro-

ceedings, knowing that a resolution was not going to be easy to come by amidst the emotion and acrimony, and the last thing the parents wanted to do on a holiday was actual, difficult parenting.

The tension over the initial episode never really subsided during the whole trip.

But ultimately we did have a great little get-away whitewater rafting on the Ottawa River.

Later, when discussing the fractious driving episode with friends and colleagues, and having them relate their own horror stories from this summer and summers long gone, I noticed that the vehicles in question mattered little. The episodes happened in big, old stations wagons, in nice, new minivans, in little hatchbacks, in roomy sedans.

Technology is working wonders on bettering fuel economy, performance, safety, comfort, reliability, etc., but when it comes to travelling together, no matter what the device, families will be families, and that's just the way it is.



The 2014 Chevrolet Impala does many things, but easing pressure created by travelling families is not one of them, contribute



No matter what it is, your car can be a fuel saver

Driving force.

Coasting, anticipating traffic and using the right gas are just some of the ways you can make savings without a green upgrade

JIL MCINTOSH

As gas prices stay high or climb higher, many people may consider buying new vehicles with advanced technologies, such as hybrids or electric vehicles, to help ease the pain.

They can help, but the reality is that most drivers can enjoy better fuel economy in the vehicles they own right now, just by making some simple changes to their driving habits.

"With proper driving practises, you can save up to 25 per cent on fuel consumption, which could lead to savings of over \$2,500 in five years," says Darlene Monkman, an associate at Stantec Consulting, which produces driving improve-

Wise driving saves

"With proper driving practices, you can save up to 25 per cent on fuel consumption, which could lead to savings of over \$2,500 in five years,"

Darlene Monkman, an associate at Stantec Consulting

ment videos and courses.

Monkman recommends five driving techniques: accelerate gently, avoid high speeds, maintain a steady speed, coast to decelerate, and anticipate traffic. While all of these together, used all the time, will result in the highest fuel savings, any of them will make a difference.

All of these need to be learned, but anticipating traffic may be the most difficult for some drivers. You need to look as far ahead as possible — right to the horizon, if you can — and watch for traffic issues that will require you to stop unneces-

sarily, since your vehicle uses the most fuel when starting out from a stop. This can include changing lanes to avoid stopped or turning vehicles, coasting to a red light so you're still moving when it turns green, or slowing down well in advance if traffic is stopped ahead. Driving this way is safer, and can also help your brakes last longer.

Maintaining a steady speed is also difficult for some drivers, who get into the habit of continually being on and off the throttle even on straight, flat roads.

In many cases, drivers may not even be aware they're driving like this. If you do, try accelerating gently and, once you've reached your target speed, keep your foot steady on the pedal.

"We have to learn all of this, because it isn't intuitive," Monkman says. "But it will become second nature once you've learned it. If I slam on my brakes because I didn't anticipate traffic, I feel guilty that I should have done better."

Dollar-saving advice

- Warm briefly. Even in cold weather, your engine only needs to warm up for about 30 seconds before you can drive away. Letting it run longer will only waste fuel.
- Coast to bigger savings. Most new cars momentarily shut off fuel to the engine when your foot's off the throttle, so coasting to decelerate is driving "for free"
- Idling wastes fuel. Turn your vehicle off if you're going to be sitting for more than a few minutes, and go into the store rather than line up in a drive-thru.
- Fuel check. Use the recommended grade of fuel for your vehicle. If it only requires regular fuel, using premium is a waste of money.





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PLAY

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

T Aries

March 21 - April 20

A parting of the ways may be necessary but you know it's for the best. You have important things to do, especially in your career, and you cannot allow personal feelings to come between you and success.

Taurus April 21 - May 21

It is important that you think only positive thoughts over the next 24 hours. You have such a strong imagination that if you let negative ideas take hold, they could easily become your reality. Don't let that happen.

II Gemini

May 22 - June 21

Don't waste time worrying about things that will probably never happen. The more time you spend fretting over minor matters, the less time you have to enjoy yourself.

Cancer

June 22 - July 23

You may want to be critical of someone today but if you are smart you will bite your lip and say something nice instead. You have got to work with this person over the long-term, so don't start a feud.

$\mathbf{\Omega}$ Leo July 24 - Aug. 23

Something you have been asked to get involved with may look complicated but it's actually simple. Give it a go and before you know it, you will be the resident expert. Others will admire your dynamism.

M Virgo Aug. 24 - Sept. 23

It does not hurt to be careful but there is a fine line between caution and suspicion and if you cross it today, you may find it hard to cross back again.

△ Libra Sept. 24 - Oct. 23

You may be tempted to tackle several things at once today but if you are smart you will take your time and take on one task at a time. That way, at least you'll get one thing finished.

M Scorpio Oct. 24 - Nov. 22

Some people may tell you a job has to be done the way it has always been done in the past. But follow your instincts if they tell you something different.

プ Sagittarius Nov. 23 - Dec. 21

You may have to do something you don't enjoy but don't complain. If nothing else, it will make you realize how fortunate you are that you don't have to do this sort of thing each day of your life.

り Capricorn

Dec. 22 - Jan. 20

If you are not in the mood to do anything serious today, you must let those around you know at the earliest opportunity. Otherwise, they will load you up with tasks that you don't care about.

≫ Aquarius Jan. 21 - Feb. 19

Today, you may briefly wish you were somewhere else and doing something less challenging. But, once you get into what you are expected to do you will enjoy it immensely.

H Pisces Feb. 20 - March 20

A sudden attraction is likely over the next 24 hours but if you are wise you will keep it on a fun and friendly level. If you let your passions rage, you could end up making promises you don't want to keep. SALLY BROMPTON

Crossword: Canada Across and Down

20

25

38

41

44

63

Across

type

- 1. Zigs pals 5. Closes 10. Dollop 14. Earthen pot
- 15. TV series creator Mr. Sorkin 16. River to the Ubangi
- 17. Don't upset the Sergeant 18. 1942 WWII-set drama starring Greer Garson and
- #44-Across: 2 wds. 20. Lacking 21. At-home holiday
- 22. __contendere (Court plea) 24. Car company
- 25. Lettered insurance co. 27. "Go on..."
- 29. ATV = All-Vehicle
- 33. Haze/pollution mixtures 35. Give the hood-
- lum a hand 37. Latin pronoun
- 38. Bull: Prefix 39. Iron
- 40. Pepper's partner 41. Heraldic border
- 42. Be part of a mob
- 43. Scatter 44. Saint John-born
- actor, Walter 46. Tibetan ox 48. "The A-Team"
- star, ___. _ 49. Aug., Sept., _
- 66 50. "__'Rent Strokes" (Sitcom)
- 52. Warmed too much 58. Feudal fellow
- 61. _ . _ . (Weyburn, SK-born author of 1947 novel Who Has Seen the Wind)
- 62. Region 63. Director Mr. Kazan
- 64. Deed
- 65. Wound's remnant 66. Actress Laura
- 67. War horse 68. "Take this ... "

67

18

39

42

55

45

Down

- 1. Animal attractions
- 2. Actress Jessica 3. Canadian classical pianist/broadcaster:
- 2 wds.

- 4. Authorization 5. Biblical hair guy
- 6. Rodgers and (Broadway composers)
- 7. Constellation bear 8. "Skip, skip, skip Lou...": 2 wds.
- 9. "Lemony __ A Series of Unfortunate
- Events" (2004) 10. Randy Bachman,
- for one

40

58

62

65

68

- 11. Actor, Zachary __ 12. Margarine 13. City in Switzerland
- [var. sp.] 19. "CBC News Now
- with Reshmi 23. __Cruces, New Mexico
- 25. Put to (Halt) 26. Porcelain piece of

28. "Beyond the Sea" singer Bobby 29. Petulant 30. Home security systems company based in Toronto 31. More maladied . (Food packaging meas.) 34. Chant for musicmaking monks 36. Q. "Alphabet's 15 letter...?" A. That would 39. Defends 43. Jet (Beach watercraft) 45. Genuine 47. Perplexed 51. USB __ drive 52. Due 53. Mouse-like critter 54. Gulf leader [var. sp.] 55. Take _ __ (Be setback) 56. Head: French 57. Canadian plussize clothing chain,

Addition

59. Raise

60. Challenge

Yesterday's Crossword

8	A	'N	°p		"A	°p	R	1		°o.	Ä	H	10	3
°a	p	E	B		10	R	0	N		"1	14	· tu	R	f
3	p	P	0	°c.	K	•	- 7	.5		17	Y	M	0	
"A	- 3	0	U	L		'n	A	p		8	W	tt	A	1
			G	A	°M	u	T		1	1	A	R	D	
"A	'N	Ť	H	R	0	p	0	"L	0	O	Y			
'n,	0	R	T	•	R		R	1	Z		"5	"t	R	ň
7	н	. 1	90	T	A	7		~	£	40		"1	0	
'n	A	M	"S		"N	1	"E		14	A	"v	E	E	-
			"p	"R	1	N	C	"E	G	E	0	R	G	1
	C	T,	A	O	38		3	N	Æ	1.	1			
L	0	A	D	6		ď	T	Z		"1	C	A	"R	
ďa	n	- 8	1	T		"p	Α	Y	°5	-0	A	L	E	1
M	A	1	14	E		-1	19	5.0	E		"N	A	V	1
"A	L	T	A	R		"N	Y	E	T		" o	:N		1

Know what the weather will be 14 days from now.

The Weather Network 2013

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

5	4	9	1	2	6	8	7	3
7	1	8	5	9	3	4	2	6
2	3	6	7	4	В	1	9	5
1	2	3	8	5	9	6	4	7
9	8	4	2	3	7	5	8	1
8	5	7	4	6	1	9	3	2
Ð.	9	2	3	1	4	7	5	8
4	8	5	6	7	2	3	1	9
3	7	1	9	8	5	2	6	4

				8		4	7	9
7	6		9	3			8	
						1		
			1					3
9	5		2		4		1	8
1					8			
		9						
	4			6	3		9	2
8	3	2		1				

Today



Thursday

25°/17° Thunderstorms

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- ✓ HEATED FRONT SEATS









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